

# DRILLS FOR PARTICULAR SHOT

## TOSS

- **Multishuttle**

1. Service- Forehand Straight Toss- Around the head  
Straight Toss
2. Service- Forehand Cross Toss- Around the head  
Cross Toss

- **Strokes**

1. 2 v/s 1 Toss
2. 2 v/s 1 Toss [After each shot touch front line]
3. 2 v/s 1- Service- Forehand Straight Smash-  
Backhand Defence- Forehand Straight Lift- Around  
the head Straight Smash- Forehand Defence-  
Backhand Straight Lift

## DROP

- **Multishuttle**

1. Service- Forehand Straight Drop/ Around the head  
Cross Drop

2. Service- Forehand Cross Drop- Around the head  
Straight Smash
3. Drop- Keep
4. Drop- Lift
5. Drop- Convert/ Push [for convert/ push shuttle will  
come to the same side you hit drop]
6. Drop- Convert/ Push [for convert/ push shuttle will  
come to the opposite side you hit drop]
7. Drop- Keep/ Convert/ Push/ Lift
8. Keep- Each type of Drop [keep & drop alternate]

## ● Strokes

1. Forehand Straight Drop
2. Forehand Cross Drop
3. Around the head Straight Drop
4. Around the head Cross Drop
5. Forehand Straight Drop/ Around the head Cross  
Drop
6. Forehand Cross Drop/ Around the head Straight  
Drop
7. Forehand Straight Drop/ Around the head Cross  
Drop- Backhand Keep- Forehand Keep- Backhand  
Straight/ Cross Lift
8. Forehand Cross Drop/ Around the head Straight  
Drop-Forehand Keep- Backhand Keep- Forehand  
Straight/ Cross Lift

**SMASH**

## ● Multishuttle

1. Smash- [both side]
2. One Step Jump Smash- [both side]
3. Backhand Keep- Forehand Straight Smash
4. Forehand Keep- Around the head Straight Smash
5. Smash- Tap
6. Forehand Keep- Forehand Cross Smash
7. Backhand Keep- Around the head Cross Smash
8. Forehand Keep- Forehand Slice Smash/ Cross Half Smash
9. Forehand Keep- Forehand Slice Smash
10. Backhand Keep- Around the head Cross Half Smash
11. Smash- Keep/ Convert/ Push/ Lift [shuttle will come to the opposite side you hit drop]
12. Smash- Keep/ Convert/ Push/ Lift
13. Jump Smash
14. Keep- Forehand Body Smash
15. Keep- Around the head Body Smash
16. Keep- Forehand Full Smash
17. Keep- Around the head Full Smash
18. Smash- Smash- Tap/ Keep
19. Tap- Tap- Smash
20. Service- Each Type of Smash twice [service & smash alternate]
21. Rotational Smash

## ● Strokes

1. Smash- Defence- Lift
2. Forehand Cross Smash- Forehand Defence-  
Backhand Straight Lift
3. Around the head Cross Smash- Backhand Defence-  
Forehand Straight Lift
4. Alternate Smash- [forehand side]
5. Alternate Smash- [around the head side]
6. Forehand Straight Smash/ Around the head Cross  
Smash- Forehand Keep
7. Forehand Cross Smash/ Around the head Straight  
Smash- Backhand Keep
8. 2 v/s 1- Service- Forehand Cross Smash- Forehand  
Defence- Backhand Keep- Forehand Straight Lift-  
Around the head Cross Smash- Backhand Defence-  
Forehand Keep- Backhand Straight Lift
9. Forehand Straight Smash/ Around the head Cross  
Smash- Backhand Defence- Forehand Keep-  
Backhand Straight/ Cross Lift
10. Forehand Cross Smash/ Around the head  
Straight Smash- Forehand Defence- Backhand  
Keep- Forehand Straight/ Cross Lift
11. Forehand Straight Smash/ Drive/ Around the  
head Cross Smash/ Backhand Cross Drive
12. Forehand Cross Smash/ Drive/ Around the  
head Straight Smash/ Backhand Straight Drive

## **DEFENCE**

- **Multishuttle**

1. Lift/ Toss Shadow- Defence
2. Lift/ Toss - Defence
3. Forehand Defence
4. Backhand Defence
5. Defence
6. Defence- Keep

- **Strokes**

1. 3 v/s 1 Defence
2. Forehand Straight Smash- Around the head Straight Smash- Forehand Defence- Backhand Cross Lift- Around the head Straight Toss- Forehand Straight Smash- Backhand Defence- Forehand Cross Lift

## DRIVES

- **Muiltishuttle**

1. Forehand Straight Drive
2. Forehand Cross Drive
3. Backhand Straight Drive
4. Backhand Cross Drive

- **Strokes**

1. Forehand Straight Drive
2. Forehand Cross Drive
3. Backhand Straight Drive
4. Backhand Cross Drive

5. Drive to centre
6. 2 v/s 1 Straight Drive
7. 2 v/s 1 Cross Drive
8. Backhand Court Service- Around the head Straight Toss- Forehand Straight Smash- Backhand Defence- Forehand Cross Drive- Forehand Straight Drop- Backhand Cross Lift
9. Forehand Court Service- Forehand Straight Toss- Around the head Straight Smash- Forehand Defence- Backhand Cross Drive- Backhand Straight Drop- Forehand Cross Lift
10. Backhand Court Service- Around the head Straight Toss- Forehand Cross Smash- Forehand Defence- Backhand Straight Drive- Forehand Cross Drop- Forehand Straight Lift
11. Forehand Court Service- Forehand Straight Toss- Around the head Cross Smash- Backhand Defence- Forehand Straight Drive- Backhand Cross Drop- Backhand Straight Lift

## LIFT

- **Multishuttle**

1. Forehand Flat Lift
2. Backhand Flat Lift
3. High/ Flat Lift- [both side]

- **Strokes**

1. Rotational Straight High Lift
2. 2 v/s 1- Flat/ High Lift
3. Forehand Cross/ Backhand Straight High/ Flat Lift
4. Forehand Straight/ Backhand Cross High/ Flat Lift
5. Forehand Straight/ Cross High/ Flat Lift
6. Backhand Straight/ Cross High/ Flat Lift
7. Forehand Straight Lift
8. Forehand Cross Lift
9. Backhand Straight Lift
10. Backhand Cross Lift

## CROSS NET

### • Multishuttle

1. Forehand Cross Net [Over arm feeding]
2. Forehand Cross Net [under arm feeding]
3. Backhand Cross Net [Over arm feeding]
4. Backhand Cross Net [under arm feeding]
5. Convert [both side]

### • Strokes

1. Forehand Cross Net
2. Backhand Cross Net
3. Rotational Forehand Cross Net
4. Rotational Backhand Cross Net
5. Forehand Straight Drop- Backhand Keep- Forehand Cross Net - Forehand Keep- Backhand Cross Net - Backhand Keep- Forehand Straight Lift- Around the

- head cross Toss- Around the head Straight Drop-  
Forehand Keep- Backhand Cross Net - Backhand  
Keep- Forehand Convert- Forehand Keep-  
Backhand Straight Lift- Forehand Cross Toss
4. Forehand Smash- Backhand Defence- Forehand  
Cross Net - Forehand Straight Lift- Around the head  
Straight Smash- Forehand Defence- Backhand  
Convert- Backhand Cross Net
  5. Forehand Straight Drop- Backhand Keep- Forehand  
Cross Net- Forehand Keep- Backhand Cross Net-  
Backhand Straight Lift
  6. Forehand Cross Smash/ Around the head Straight  
Smash- Forehand Defence- Backhand Cross Net-  
Forehand Lift
  7. Forehand Straight Smash/ Around the head Cross  
Smash- Backhand Defence- Forehand Cross Net-  
Backhand Lift

## **NET SHOT**

### **• Multishuttle**

1. Across In to Out Net Shot
2. Serve return Out to In Net Shot
3. Dead Net Shot
4. Long Net Shot
5. Really late Net Shot
6. Net shot- Net Shot- Smash
7. Smash- Net Shot

## 8. Defence- Net Shot

### • **Strokes**

1. Forehand Straight Drop- Forehand Long Net Shot- Forehand Dead Net Shot
2. Around the head Straight Drop- Backhand Long Net Shot- Backhand Dead Net Shot
3. Forehand Cross Drop- Backhand Long Net Shot- Backhand Dead Net Shot
4. Around the head Cross Drop- Forehand Long Net Shot- Forehand Dead Net Shot
5. Forehand Cross Drop- Backhand Net Shot- Around the head Straight Drop- Backhand Net Shot
6. Around the head Cross Drop- Forehand Net Shot- Forehand Straight Drop- Forehand Net Shot
7. Forehand Net Shot Continue- Sudden Lift/ Push Anywhere- Forehand Straight/ Around the head Cross Drop
8. Backhand Net Shot Continue- Sudden Lift/ Push Anywhere- Forehand Cross/ Around the head Straight Drop

### • **Game**

1. Full Court Net Game

## **NET KILL**

### • **Multishuttle**

1. Forehand Smash Action- Forehand Net Kill

2. Around the head Smash Action- Backhand Net Kill
3. Smash- Net Kill [Anywhere]
4. Smash- Same side Net Kill
5. Forehand Cross Net- Backhand Net Kill
6. Backhand Cross Net- Forehand Net Kill
7. Forehand Net Shot- Forehand Cross/ around the head  
Straight Smash- Net Kill
8. Backhand Net Shot- Forehand Straight/ Around the  
head Cross Smash- Net Kill
9. Defence- Net Kill
10. Forehand Basic Far Net Kill- Backhand Basic Far Net  
Kill
11. Forehand Net Shot- Forehand Brush Off Kill-  
Backhand Net Shot- Backhand Brush Off Kill
12. Forehand Brush Off Kill
13. Backhand Brush Off Kill
14. Forehand Rotational Net Kill
15. Backhand Rotational Net Kill

- **Strokes**

1. Drives Continue- Sudden Tap
2. Forehand Straight Drop- Around the head  
Straight Smash- Net Shot/ Net Kill
3. Around the head Straight Drop- Forehand  
Straight Smash- Net Shot/ Net Kill

- **Game**

1. Net Game with Net Kill

